



# NDPERS Smoking Cessation Program



Want to know more?  
Call 1-800-233-1704 or go to  
[www.BCBSND.com/health/ndpersquit](http://www.BCBSND.com/health/ndpersquit)  
in the Fargo area call (701) 282-1400

If YOU are a smoker or tobacco user and WANT to quit, this program is for YOU.

You may start anytime during the enrollment period:  
September 1, 2005 to April 30, 2007.

An initial assessment will determine how ready you are to quit, your smoking or chewing triggers and what type of nicotine replacement therapy, such as patches or gum, and/or prescription medication you may need. If prescription medication is recommended, you will need to visit your doctor.

Grant money will reimburse the smoking cessation provider up to \$200 after you complete the eight-week program. This covers the initial assessment, counseling and follow-up. If you decide to try the North Dakota Quitline, the program will reimburse you for the office visit, if you need to make one, and your prescription and over-the-counter medications.

In addition, individual, group or telephone counseling will be provided. Your program provider will call you on a quarterly basis to monitor your progress the first year after you quit.

The program will pay 100% of your out-of-pocket expenses for your office visit and prescription and over-the-counter medication up to \$500, for a total benefit of \$700.

If you choose to enroll in the NDPERS Smoking Cessation Program, please contact Blue Cross Blue Shield North Dakota to provide enrollment information. Once eligibility is verified you will then receive a smoking cessation program identification card to use when you visit your doctor and purchase over-the-counter medications.

Prescription and over-the-counter medications will require payment at the pharmacy. Keep your receipts and send them to BCBSND for reimbursement.

Link for enrollment:

- [Find a provider in your area](#)